



Vivian's Corner

Warm up with a cup of joe and friendly conversation with Peers. Join us the first Wednesday of every month.



Contact: vgarcia@sci-bc.ca

WHAT HAVE WE BEEN CHATTING ABOUT LATELY? THIS IS OUR SNAPSHOT

SCIBC Surrey Bean There Coffee Group July 2019

Next Meeting July 3
1:00 – 3:00 pm

Surrey City Centre Library
in the READ Ability Lounge

IN THIS ISSUE: CONNECTION

What makes a good life? Lessons from the longest study on happiness

Robert Waldinger

TEDxBeaconStreet November 2015

What keeps us happy and healthy as we go through life? If you think it's fame and money, you're not alone – but, according to psychiatrist Robert Waldinger, you're mistaken. As the director of a 75-year-old study on adult development, Waldinger has unprecedented access to data on true happiness and satisfaction. In this talk, he shares three important lessons learned from the study as well as some practical, old-as-the-hills wisdom on how to build a fulfilling, long life.

12:42 minute video

https://www.ted.com/talks/robert_waldinger_what_makes_a_good_life_lessons_from_the_longest_study_on_happiness#t-754870

-Oak supports Apple HealthKit for tracking “mindful minutes” with the Health app (optional).

Thank you for taking care of yourself (and your monkey mind) through meditation.

Have questions or feedback?

Reach out to us anytime at

support@oakmeditation.com.

Price: Free

Supports Family Sharing

Compatibility

Requires iOS 11.0 or later.

Compatible with iPhone, iPad, and iPod touch.

Website:

<https://apps.apple.com/us/app/oak-meditation-breathing/id1210209691>

PEER STORIES – AMIT SHARMA



Amit was chatting about the **Oak - Meditation &**

Breathing App during our June coffee group. Participants downloaded it to their phones and played with it during our meeting.

Although it was mentioned in the last newsletter; here is more information about it:

Oak helps the monkey-minded decompress by transforming meditation practices from experiments into habits. We support you from your first

session to your 500th, with mindful, loving-kindness, and sleep meditations as well as unguided sessions and breathing exercises. Individualize your meditations by duration, and customize with silence or calming background sounds. Oak tracks your progress and encourages you to continue building a healthy meditation practice.

WHAT'S INCLUDED:

Meditation

Breathing

Sleep

Meditation Timer

Progress Tracking



Oak Meditation App Review

TwiT Netcast Network

2018-07-18

5:18 minute Youtube video:

<https://www.bing.com/videos/search?q=Oak-Meditation+%26+Breathing&view=detail&mid=C35187F881E883E2CB15C35187F881E883E2CB15&FORM=VIRE>



Introducing: Oak

Kevin Rose

Oct 31, 2017

Website:

<https://medium.com/@kevinrose/oak-meditation-f8478d9fc00>

UNIVERSITY AFFAIRS



Loneliness: the silent killer

Researchers from numerous disciplines have begun to investigate the heavy toll that loneliness takes on society.

By KERRY BANKS | FEB 27 2019

They call it the silent killer, because its effects are not immediately visible and the condition is rarely discussed. Yet almost everyone has suffered from it at one time or another. It destroys people slowly but steadily. The silent killer is loneliness.

Although the idea that loneliness can cause emotional distress is not new, it is only within the last decade or so that researchers have begun to gain a true sense of the physical impact of loneliness and develop insights into its biological underpinnings. The conclusions of this work are startling.

In 2015, psychology professor Julianne Holt-Lunstad of Brigham Young University led a [meta-analysis](#) of 70 papers involving more than 3.4 million participants followed over an average of seven years. The study found that a lack of social connections was as great a risk factor for early death as smoking 15 cigarettes a day, and that it constitutes a greater risk than such lifestyle risk factors as obesity and lack of exercise. Other recent studies have connected loneliness and social isolation with a range of health problems, including heart attacks, strokes, drug abuse, alcoholism, anxiety and depression.

And just how widespread is this affliction? According to a [2014 report](#) by Canada's National Seniors Council, about half of people over the age of 80 report feeling lonely. This emotion is not limited to the elderly. A [2016 survey](#) (PDF) by the American College Health Association of a Canadian cohort of 44,000 postsecondary students revealed that two-thirds of them reported feeling "very lonely" at some point in the previous 12 months. An online U.S. survey of 20,000 adults [conducted in 2018](#) by the health insurer Cigna revealed that 40 percent of Americans said they lacked a meaningful relationship and felt isolated from others. A [2018 survey](#) of 55,000 British citizens conducted for the BBC found that a third of respondents often feel lonely.

To read the article:

<https://www.universityaffairs.ca/features/feature-article/loneliness-the-silent-killer/>

CBC HEALTH



Health

Feeling lonely? You're not alone — and it could be affecting your physical health

As research highlights new worries about rising rates of loneliness, here are some coping strategies

Perlita Stroh · CBC News ·

Posted: Jan 19, 2019 4:00 AM ET

Last Updated: January 19

Link to the article and videos:

<https://www.cbc.ca/news/health/national-dealing-with-loneliness-1.4828017>

ANGUS REID INSTITUTE



A Portrait of social isolation and loneliness in Canada today

June 17, 2019

Interpersonal connection is at the heart of all human society. As a species, we thrive on relationships and social interaction, to the point that our health as individuals [is negatively affected](#) in the absence of these connections.

A wide-ranging new study from the non-profit Angus Reid Institute, conducted in partnership with [Cardus](#), explores the quality and quantity of human connection in the lives of Canadians today, revealing significant segments of society in need of the emotional, social and material benefits connectedness can bring.

Findings: <http://angusreid.org/social-isolation-loneliness-canada/>

TEDx

TEDx The most important lesson from 83,000 brain scans

Daniel Amen | TEDxOrangeCoast

TEDx Talks

Published on Oct 16, 2013

14:36 minute video:

<https://www.youtube.com/watch?v=esPRsT-lmw8>

PEER STORIES – LARRY WILICK

Loneliness**The Way is there; But I can not find It**

By Larry Willick

Living without inter reaction defines loneliness in its abject misery.

First, we as humans need to comprehend that it is not just humanity that experiences loneliness. All lifeforms can be lonely.

This article is about the human concept.

Think of a baby born without sight or hearing.

Now project that thought forward several years to a person with a developed thinking mind.

A person who has lost conceptual contact with other beings. He/she is in despair...

The inner self needs the strength to overcome the situation. Not always is that person mentally strong enough to achieve this.

Effort, desire, need, wanting and inner strength are some of the immediate areas that need to be stronger to formulate a concept for the individual to overcome the status to which he or she has declined.

Loneliness is found in many people in many positions and not just confined to those who we define as mentally deficient.

Various degrees are familiar.

Physical - lack of contact with others. **Emotional** - lack of mental stimulating companionship.

Mental - a form of sickness in the mind. **Despair** - feeling there is

nothing / emptiness self-loathing, Suicide tendencies.

There are many more concepts that can be defined. Those just mentioned are some of the more familiar ones.

Overcoming the situation: If the person is strong enough - reaching out to others, communicating a need, involving oneself in a hobby, volunteering to help others.

At times the individual may need help from the medical system.

Strangely enough: Some benefits can come from loneliness. Inner strength, time to think, ability to plan, decision making, creativity, meditation, also a sense of peace.

What can we do?

A lonely person is not always recognized. When he/she is: reaching out to them gently, quite often will be very helpful. Compassion, becoming a friend, helping, offering assistance, guidance, etc.

Some people may not accept help. Some have succumbed to drugs, or other forms of health problems that will need medical help. These individuals should be referred to the appropriate health department.

Some idioms to go with the concept of loneliness:

- I have eyes but can not see
- I have ears but can not hear
- The way is there but I can not find it.

Larry is a member of the SCI BC Surrey Bean There Coffee Group.

SCI BCPEER SUPPORT PROGRAM



Spinal Cord Injury BC's Peer Support

Program helps people with spinal cord injuries and those with related disabilities, overcome the challenges of living in a wheelchair **by building communities of support throughout British Columbia.**

Webpage: <https://sci-bc.ca/what-we-do/peer-support-program/>

The webpage above provides information on Spinal Cord Injury BC's support throughout the province.

- ◆ Events throughout British Columbia
- ◆ Peer Mentoring
- ◆ Reach Out! Virtual Peer Group
- ◆ Weekly and monthly coffee groups
- ◆ Peer Matching
- ◆ Upcoming Events

Participation is easy.

Contact your local Peer

Coordinator <https://sci-bc.ca/about-us/our-staff/> **or go through the SCI BC Events Calendar** <https://sci-bc.ca/events/> **and email or phone the lead for your local event.**

Coffee groups, activities and Virtual Peer information can be found on the Events Calendar.

Click on the activity listed for more information, a pop up will guide you.

SCI BC INFOLINE RESOURCES



Heather Lamb Spinal Cord Injury BC

InfoLine shares information on loneliness vs solitude; and pain.

Here's a good basic description of
loneliness vs solitude

Psychology Today **What Is Solitude?**

By Hara Estroff Marano,
published July 1, 2003

- last reviewed on December 13, 2016

Loneliness is marked by a sense of isolation. Solitude, on the other hand, is a state of being alone without being lonely and can lead to self-awareness.... Solitude restores body and mind. Loneliness depletes them.

To read the article:

<https://www.psychologytoday.com/ca/articles/200307/what-is-solitude>

This one ties in loneliness and solitude with grief.

Grief Healing Loneliness and Solitude in Grief

MONDAY, FEBRUARY 27, 2012

[Reviewed and updated Feb 5, 2019]

Our language has wisely sensed the two sides of being alone. It has created the word loneliness to express the pain of being alone. And it has created the word solitude to express the glory of being alone. ~ Paul Tillich

If you are among those traveling the winding path of grief, you're probably quite familiar with both these sides of being alone: **loneliness** and **solitude**.

To read the article:

<https://www.griefhealingblog.com/2012/02/loneliness-and-solitude-in-grief.html>

This website has a good list of related articles at the bottom. Although the focus is grief caused by the death of a loved one, grief can take many forms and includes loss of ability, changes in ability or lifestyle, etc.

Pain

When you talk about pain, what specifically are you looking for re: nerve damage? At the time of injury, afterwards, pain..?

These are good sites for SCI-related nerve pain:



Model Systems
Knowledge Translation
Center

SCI Factsheets Pain after Spinal Cord Injury

The problem of pain after SCI Pain is a serious problem for many people with spinal cord injuries (SCI). Pain after SCI can occur in parts of the body where there is normal sensation (feeling) as well as areas that have little or no feeling. The pain is very real and can have a negative impact on quality of life. A person in severe pain may have difficulty carrying out daily activities or participating in enjoyable pastimes.

The majority of people with SCI report that they have chronic pain. Chronic pain is pain that does not go away and instead lasts months to years. The cause of the pain may be unknown but is most often related to nerve damage from the SCI or musculoskeletal problems that arise in dealing with an SCI. The pain can come and go. Chronic

pain is difficult to completely eliminate but often can be managed or reduced enough so that it doesn't overwhelm your life.

Chronic pain can cause or worsen psychological problems such as depression, anxiety and stress. This does not mean the pain is "all in your head," but rather that pain and distress can make each other worse.

To read the Factsheet or listen to the podcast:

<https://msktc.org/sci/factsheets/pain>

SCIRE Community Pain after Spinal Cord Injury

Authors: SCIRE Community Team

| Reviewed by: Patricia Mills, MHSc,

MD, FRCPC | Last updated: Oct 18, 2017

This page provides information about pain and outlines common treatments for pain after spinal cord injury (SCI).

Key Points

- Pain is a common health concern after spinal cord injury (SCI).
- Pain can come from any part of the body, including the muscles, joints, organs, skin, and nerves.
- Nerve pain from an SCI is called neuropathic pain, and is a common cause of chronic pain after SCI.
- There are a wide range of treatments for pain, including mind-body treatments, physical treatments, medications, and surgeries.
- Managing pain after SCI can be challenging. You may need to try several strategies before you find what works best for you.

Website:

<https://scireproject.com/community/topic/pain/>

SCI BC INFOLINE RESOURCES



Heather Lamb Spinal Cord Injury BC InfoLine

shares information on
loneliness vs solitude; and
pain, continued.



Information about pain management.

PAIN MANAGEMENT

From the article:

Methods of Treating Pain

Since pain can have so many different causes, there is no single way to treat it, whether it is acute or chronic. Because SCI and BI can also have specific types of pain syndromes not normally present in the general population, it is very important that your team works with you to provide information about your type(s) of pain. Medications are just part of the solution, and your doctor, pharmacist and nurse can help explain the pros and cons of each one. Your therapists will also have strategies that do not involve medications but may be just as (or more) effective than any medication. A psychologist or clergymen are also very important people in addressing your pain, especially when it is chronic in nature. Understanding your emotions and learning about different types of adaptation strategies are a critical part of your treatment. Your healthcare team can help you explore alternative options such as massage therapy and acupuncture if you are interested.

To read the information:

<https://craighospital.org/resources/pain-management>

Close-up Freedom from Pain

By Yolanda Brooks

From the article:

Chronic pain is classified as severe pain that lingers long after an injury has healed, or as pain caused by disease that does not respond to traditional analgesic drug regimens. Incredibly, it's estimated that approximately 20 per cent of the population is affected by chronic pain. While its causes are not always easily understood, the devastating consequences of chronic pain are plain to see says psychiatrist Dr. Roger Shick, director of St. Paul's Hospital's Pain Centre: "I've seen people who've lost their marriage, their family, their friends and their job. They're on social assistance and they're living in a single room because they are suffering from chronic pain."

To read the article:

https://www.helpstpauls.com/app/uploads/2012/08/SS09_freedom-from-pain2.pdf

Pain BC is a good general resource for pain management, not SCI-specific.

**PAIN BC™ Are you living
with pain? Call
the Pain Support Line at
1-844-880-PAIN**

Website: <https://www.painbc.ca/find-help>

Here is a pain management
toolkit



**Living with pain
himself, Pete Moore
recognised that while writing the
article that he had actually
developed a toolkit of unique
pain management skills to enable
himself to become an active self
manager and to subsequently
lead a better life.**

A persistent pain problem can be difficult to understand and manage on an everyday basis. This website has been developed from the Pain Toolkit, a simple information booklet that provides you with handy tips and skills to support you along the way to managing your pain.

Website:

<https://www.paintoolkit.org/>

Chronic band pain isn't a term I am familiar with. The only thing I could find was a few notes about people experiencing a **band of pain at the level of injury (eg. a band of pain around the neck, torso, arms or legs)**. Treatment would be the same as for any other type of nerve pain, meaning that people should try a range of non medical and medical options, which could include: being active/involved in the community, distraction, exercise, yoga, meditation, mindfulness, pain medications, etc. No single one of these will solve the problem, but using a range of choices will help to minimize the impact of the pain. What works for one person won't work for the next person, so people are encouraged to keep trying to see what will help.

SCI BC INFOLINE RESOURCES



Heather Lamb Spinal Cord Injury BC InfoLine

shares information on
loneliness vs solitude; and
pain, continued.

I suggest people
have a look at

PAIN

Pain is a part of life
and an important

adaptation to danger. The majority of people who have a Spinal Cord Injury (SCI) often experience pain, especially chronic pain. If you have pain after SCI, you are not alone. We know that pain can be complex and is a very individual experience, and it's important to understand your pain and what influences it in order to better manage it.

To read the information:

<https://livingwithsci.ca/pain/> for a good discussion of pain after SCI and how to manage it, written by clinicians and by people with SCI.

You can call our InfoLine
toll-free from 9:00 am to 5:00 pm,
Monday to Friday at
1-800-689-2477.

You can also reach us via email
at info@sci-bc.ca.

*There are many smart phone
spinal cord injury apps and friend
making apps; but nothing yet as a
spinal cord injury peer meet up
app. This is a niche market if
anyone wants to make something
for it. -vg*



SFLAG COFFEE GROUP



Surrey City Centre Library,
room 402

July 8, 2019 1:00 – 3:00 pm
10350 University Drive.

Come join the **South Fraser Active Living** coffee group. Anyone with a spinal cord injury or other mobility impairment is welcome to join us for a casual discussion. Join us monthly for friendly conversation, laughs, support & tips on getting active and connected in Surrey & Delta. We're a group of like-minded people advocating for more accessible options in our community.

Come out to meet new, like-minded people! Feel free to bring family and friends.

For information:

Marney Smithies on behalf of the

"South Fraser Active Living Group"

https://sci-bc.ca/event-detail/south-fraser-active-living-coffee-group-2/?event_rdate=20190708130000,20190708150000



TEDX

TEDx Connect or Die: The Surprising Power of Human Relationships

Starla Fitch TEDxFargo

Published on Aug 25, 2015

Dr. Starla Fitch shows us how the ways we're seeing may be endangering our lives in this poignant, funny talk. Her stories will make you change the way you look at everything. Discover the deadly secrets to our distorted views of others.

12:02 minute video:

<https://www.youtube.com/watch?v=z-WwsALhH04>

SCI BC INDO-CANADIAN PEERS



SCI BC Indo- Canadian Peer Coffee Group

July 10, 2019

12:00 – 2:00 pm

- **new location**

Location: Espresso Café
King's Cross Plaza
7330 137 Street, Surrey
RSVP to Amit Sharma at
asharma@sci-bc.ca

Join us at the SCI BC Indo-Canadian Peer Coffee Group to share stories, gather information, develop a support system, and have a coffee on us!

Website: https://sci-bc.ca/event-detail/indo-canadian-peer-coffee-group-new/?event_rdate=20190710110000,20190710130000

DO YOU HAVE A PLAN?

When was the last time you stopped and looked at your life; your wishes, dreams, responsibilities, etc. and made a short and long-term plan? Here are a few reminders on how to do that. -vg

How to gain control of your free time

Laura Vanderkam
TEDWomen 2016

There are 168 hours in each week. How do we find time for what matters most? Time management expert Laura Vanderkam studies how busy people spend their lives, and she's discovered that many of us drastically overestimate our commitments each week, while underestimating the time we have to ourselves. She offers a few practical strategies to help find more time for what matters to us, so we can "build the lives we want in the time we've got."

11:50 minute video:

[#t-698348](https://www.ted.com/talks/laura_vanderkam_how_to_gain_control_of_your_free_time)

LIFE THE BLOG 4 Easy Steps to Setting Your Life Goals

By **Tom Casano, Contributor**

CEO and Founder of

<http://www.lifecoachspotter.com/learning-center>

03/06/2016 12:02pm ET

Updated December 7, 2017

Your goals become a lot less daunting when you focus on the smaller, more accessible steps you need to take to achieve them. Believe me, I feel overwhelmed in the little things I have to do day-to-day. I'm constantly reminding myself to take things just one step at a time. It makes everything manageable...

... What exactly are life goals?

Simply put, they're the things you would like to accomplish in your life. Life goals are the big things to work for and accomplish such as getting married and having a family, starting your own business, becoming a big-time executive, or traveling the globe. Life goals are essentially everything you want to do in life before passing on. They're the stuff people remember you by when you are no longer around. Why are goals so important? **Setting goals gives you purpose, and they help you to guide your life.** Think of life goals as your North Star. They'll guide you where you want to go, but it's still on you to choose the path to get there.

To read the blog:

https://www.huffpost.com/entry/4-easy-steps-to-setting-your-life-goals_n_9343340



Wishcraft

Online book by
Barbara Sher

You'll learn how to:

- Discover your strengths and skills
- Turn your fears and negative feelings into positive tools
- Diagram the path to your goal—and map out target dates for meeting it.
- Chart your progress—day by day.
- Create a support network of contacts and sources.
- Use a buddy system to keep you on track.

And much, much more!

The book is free, by chapter, online:

<http://wishcraft.com/>



How to Make a

Bucket List: 5 Easy Steps to Create a Great One

Sleep in an overwater bungalow in Bora Bora, swim with whale sharks in Mexico, or drink beer at Oktoberfest in Germany—what's on your bucket list?

For too many people it takes a terrifying illness, hitting retirement age, or some other life altering event to honestly begin thinking about all the things to do before you die.

In many of these cases, it will then be too late to turn these dreams into a reality. Life is uncertain, and you will undoubtedly be thrown curve-balls throughout. You cannot be sure that in ten or twenty years you will be physically, emotionally, or financially able to do all of the things that you desire, like climbing the twelve hundred steps of Sigiriya Rock in Sri Lanka or hiking between the cities of Italy's Cinque Terre.

Don't wait for that "perfect time" to begin—make your bucket list not because you are dying but because you want to live!

To read the blog:

<https://bucketlistjourney.net/how-to-make-a-bucket-list/>

While you are making plans, write a list of what you would do with a windfall of: \$100; \$500; \$1000; \$5000; and more than that. This helps with your overall life planning.

And finally, make or up-date your Will and beneficiaries. This brings a great sense of freedom afterwards. -vg

TEDX

TEDx Living through crazy love

by Leslie Morgan Steiner

TEDxRainier

Published on Dec 3, 2012

Learn and consider the secrets of domestic violence as you follow Leslie from the Ivy League through a violent relationship, reaching the power to break the secrecy and silence, and as she recovers a healthy future. Leslie Morgan Steiner's memoir about surviving domestic violence, *Crazy Love*, was a New York Times bestseller, People Pick, and Book of the Week for The Week magazine.

This talk was given at TEDxRainier in Seattle on November 10, 2012.

YouTube 15:56 minute video

https://www.youtube.com/watch?time_continue=7&v=INJiEZoRKqM

PEER STORIES - BERT ABBOTT



I think **the best way to make friends** is getting involved with

activities you enjoy or have enjoyed in the past. Such as, if you enjoyed playing chess, join a chess club.

Go where other people hang out like coffee shops, libraries, etc. and engage people there. Take courses and workshops. Join a club.

Peer coffees and events.

Bert Abbott, Peer Program Manager

Spinal Cord Injury BC

WAGS OF SCI

NEWS
1130**Sisterhood for wives & girlfriends of spinal cord injuries**

Mar 12, 2019, 6:23 PM

Vancouver, BC

These women are creating a support network across North America for women living with partners with spinal cord injuries. Isabelle Raghunath tells us the goal is to help tackle loneliness that is often experienced.

2:32 minute video after two ads

<https://www.citynews1130.com/video/2019/03/12/sisterhood-for-wives-girlfriends-of-spinal-cord-injuries/>

WAGS of SCI
wives and girlfriends of spinal cord injury

For more information:

As WAGS of SCI (Wives and Girlfriends of Spinal Cord Injury) we have a unique role in our relationships. Not only are we lovers, we also have the role of being caregivers to our injured partners. We wear many hats, and our relationships are anything but "normal" in the eyes of the world.

Website: <http://wagsofsci.com/>

KURZGESAGT

**Loneliness**

Kurzgesagt – In a Nutshell

Published on Feb 17, 2019

Everybody feels lonely sometimes. But only few of us are aware how important this feeling was for our ancestors - and that our modern world can turn it into something that really hurts us. Why do we feel this way and what can we do about it?

12:28 minute video

<https://www.youtube.com/watch?v=n3Xvg3g-mA>

MCMASTER UNIVERSITY

McMaster **Tackling a silent beast: Strategies for reducing loneliness and social isolation**

Feb 6, 2019 - McMaster University –

The Bottom Line

- ✓ Programs or strategies that tackle social isolation and/or loneliness may help improve physical and mental health, social support, and loneliness in older adults.
- ✓ Programs or strategies appear more likely to be effective when they are group-based, built around theory, include active input from participants, and target specific groups of people.
- ✓ Past research shows that the inclusion of social support/activity or education as part of strategies aimed at reducing or preventing social isolation and loneliness is also important, but newer evidence pushes that strategies focusing on changing negative thinking may be even more beneficial for loneliness specifically.

To read the blog:

<https://www.mcmasteroptimalaging.org/blog/detail/blog/2019/02/06/tackling-a-silent-beast-strategies-for-reducing-loneliness-and-social-isolation>

BBC NEWS

All in the Mind



Nine ways to feel less lonely

By Claudia Hammond, presenter of Radio 4's All in the Mind

The world's largest survey on loneliness – the [BBC Loneliness Experiment](#) – asked about ways of combatting loneliness which had worked for you or people you know. The same solutions won't work for everyone but this is what you told us you found useful.

1. Find distracting activities or dedicate time to work, study or hobbies
2. Join a social club or take up new social activities and pastimes
3. Change your thinking to make it more positive
4. Start a conversation with anyone
5. Talk to friends or family about your feelings
6. Look for the good in every person you meet
7. Take time to think why you feel lonely
8. Carry on and wait for the feeling to pass
9. Invite people to do things without fearing rejection

The BBC Loneliness Experiment was conducted in collaboration with Wellcome Collection and devised by psychologists from the University of Manchester, the University of Exeter and Brunel University London.

To read the article:

<https://www.bbc.co.uk/programmes/articles/3nDZXgD7Fz7IBGc3YSQV9jr/nine-ways-to-feel-less-lonely>

SUCCESS

Dr. Henry Cloud: The Most Important Part of Success Is Connection

SUCCESS Magazine

Published on Jun 19, 2017

In this fascinating talk about the connection between the mind and body, Dr. Henry Cloud explains why having strong relationships is the most important part of becoming successful.

19:11 minute video:

<https://www.youtube.com/watch?v=jvksV2ZtvcY>

TEDx

TEDx The social brain and its superpowers:

Matthew Lieberman, Ph.D. at

TEDxStLouis TEDx Talks

Published on Oct 7, 2013

Neuroscientist Matthew Lieberman explains that through his studies he's learned that our kryptonite is ignoring the importance of our social superpowers and by building on our social intuition, we can make ourselves smarter, happier, and more productive. In this TEDx Talk, Lieberman explores groundbreaking research in social neuroscience that reveals that our need to connect with other people is even more fundamental than our need for food or shelter and that the social pain and pleasure we experience has just as much impact as physical pain and pleasure.

17:53 minute video:

<https://www.youtube.com/watch?v=NNhk3owF7RQ>

SUCCESS



British Columbia Active Transportation Design Guide

Ministry of Transportation and Infrastructure (MOTI)

2019 Edition

ISBN 978-0-7726-7366-4

ABOUT THE DESIGN GUIDE

The 2019 Edition of the Design Guide is a living document that will be updated to reflect evolving best practices and feedback from B.C. communities. MOTI encourages stakeholders across the province – including local and regional government staff, representatives of other government agencies, Indigenous communities, advocacy groups, professional associations, and academics – to review the Design Guide, apply it in real life, and provide feedback to help improve its contents. Please visit the MOTI website to provide feedback.

It is over 500 pages long and can be read by chapter in pdf on this link.

(B-3 is Universal Design)

Website:

<https://www2.gov.bc.ca/gov/content/transportation/funding-engagement-permits/funding-grants/cycling-infrastructure-funding/active-transportation-design-guide>

IT'S ALL CUT AND PASTE

*The SCI BC Surrey Bean There Coffee Group does not own the material shared in this newsletter, nor do they specifically support or agree with what is presented as content for Coffee Group Members. The content is all written by Peers or easily found on-line. It is copied in this format so you can access it to participate and maybe to learn something new. **(Just follow the links.)** In essence, it explores what we chatted about or may talk about & gives us more background information through which we can make better decisions and have deeper conversations in the future. Content may have been changed by the blogger*

**We look forward to
connecting with
you again.**